

Essential Oil	General Description and Uses	Safety Precautions
Anise – (<i>pimpinella anisum</i>)	Sweet, licorice like scent often used during the hunting season to mask the human scent. Also applied to bait to attract fish. Cheering, euphoric, energizing, sense enhancing, antibacterial, coughs, deodorant, menopause. Parts used: seed pod	Dilute well before use. Do not use during pregnancy.
Bergamot – (<i>citrus bergamia</i>)	Citrusy, fresh, woody scent. Cheering, concentration, aggression, confidence, grief, nervous tension and stress. Said to help with the stress of Parkinson's Disease and PMS moodiness. Good for withdrawals. Parts used: peel of fruit.	Photosensic. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
Cedarwood – (<i>cedrus atlantica</i>)	Dry, sweet, woody balsamic scent. Balancing, grounding and strengthening. Often used to promote self-control and to balance spirituality. Possible uses: acne, dry hair, rheumatism, oily skin, immunity booster. Parts used: wood	Avoid during pregnancy. May irritate extra sensitive skin.
Cinnamon Leaf – (<i>cinnamomum zeylanicum</i>)	Hot, spicy scent — richer in aroma than ground cinnamon. Invigorating, refreshing, warming, aphrodisiac properties. Often used by those with low blood pressure. Good for exhaustion & fatigue. Antifungal. Parts used: leaf.	Avoid if you have high blood pressure. Dilute well before use.
Citronella – (<i>cymbopogon nardus</i>)	Slightly fruity, fresh, lemony scent. An oil that is known to be refreshing, stimulating, soothing & vitalizing. Most popular for being a powerful insect repellent. Antiseptic properties, good when you have a cold. Parts used: grass.	Avoid during pregnancy.
Clary Sage – (<i>salvia sclarea</i>)	Earthy, herbaceous & slightly fruity scent. Known as the "woman's oil." Good for use as an antidepressant, for PMS and Menopause. Also good for fatigue, fear & stress. Is often used to help promote vivid dreaming. Parts used: flowering tops, herb.	Avoid with a history of breast or ovarian cysts or estrogen-dependent cancer. Do not overuse while drinking alcohol.
Clove Bud – (<i>eugenia caryophyllata</i>)	Spicy, warming, rich but slightly bitter scent. Possible uses: memory loss, stimulating, energizing, warming. Also known for use as an antiseptic, for sprains, strains and is often used (in part) by dentists for toothache. Parts used: flower buds.	A possible mucous membrane irritant. Not to be used by alcoholics, haemophiliacs or those with prostate cancer.
Cypress – (<i>cupressus sempervirens</i>)	Fresh, slightly woody aroma. Helpful with aggression, nervous tension, stress & nervousness. Said to be good for hot flashes, menopause and bruising as well as a circulatory stimulant. Parts used: leaves (needles), twigs.	Avoid during pregnancy or a history of estrogen-dependent cancer. Avoid constant use with high blood pressure.
Eucalyptus – (<i>eucalyptus globulus</i>)	Clean, fresh, medicinal scent. A balancing, cooling & stimulating oil often used with colds, coughs, muscular fatigue & sinusitis. Also helpful when you have bronchitis, the flu or slight fever. Parts used: leaves & twigs.	Avoid with a history of epilepsy or if you have using homeopathic remedies. Do NOT take internally — toxic.
Fir Needle – (<i>Abies alba</i>)	Woody, earthy, fresh scent. Known for stimulating circulation. Often used for muscle pain, arthritis & rheumatism as well as elevating the emotions and helping with stress. Parts used: leaves (needles), twigs.	Dilute well before use.
Frankincense – (<i>Boswellia carterii</i>)	Spicy, woody, fruity & fresh smell. For the mind, frankincense is often used for anxiety, exhaustion and for focus. Reported to help with scars and wrinkles. Has been used in history for blessing and consecration. Parts used: resin.	Avoid during pregnancy. Regarded as generally safe.
Geranium – (<i>Pelargonium graveolens</i>)	Floral but sweet smell with fruity undertones. Often used for nerves, stress and for relaxed, intense focus (such as self-hypnosis). Has been known to calm those who suffer from Alzheimer's and Muscular Dystrophy. Parts used: flowers, leaves, stalks.	Avoid if a history of estrogen-dependent cancer or hypoglycemia.
Ginger – (<i>Zingiber officinale</i>)	Smoky, spicy, woody scent. For the mind, used for memory loss and to anchor the emotions. Good for nausea, motion sickness, aches & sprains and the nausea associated with migraine headaches. Parts used: roots (stems).	May irritate extra-sensitive skin. Dilute well before use.
Jasmine Absolute – (<i>Jasminum officinale</i>)	Exotic, floral, rich, sweet scent. Used often in the perfume industry. Has relaxing, sedative properties and is said to be an aphrodisiac. Also good as an antidepressant, for PMS & Menopause. Parts used: flowers	Avoid during pregnancy. Extended use has narcotic-like properties.
Juniper Berry – (<i>Juniperus communis</i>)	Crisp, sweet & herbaceous with a fruity note. Often used for gout, jet lag and hangovers as well as for memory loss, clearing the mind and exhaustion. Said to have detoxifying and toning properties. Parts used: berries	Avoid during pregnancy. Avoid if a history of kidney disease or high blood pressure.
Lavender – (<i>lavandula officinalis</i>)	Floral, fresh, light, herbaceous scent. Is said to bring about love and peace. Good for insect bites, to calm the nerves, help with sleeping — soothing & relaxing. Also good for burns, bruises, itching and headaches. Parts used: flowering tops.	Avoid during first trimester of pregnancy.
Lemon – (<i>citrus limonum</i>)	Rich, fresh smell similar to fresh lemon rinds. Used to uplift the spirits as it is balancing, cheering and refreshing. Often used to reduce warts, for fainting and hayfever. Good ingredient in cleaning and dish washing. Parts used: peel of fruit.	Photosensic. Do not expose applied area of skin to direct sunlight or tanning bed for 24 hours.
Lemon Eucalyptus – (<i>eucalyptus citriodora</i>)	Sweet, lemony smell with a woody note. Known to be calming and purifying. Reported by the CDC to be a good, natural substitution for DEET in combating mosquitoes. Contains some of the same properties as regular eucalyptus. Parts used: leaves, twigs.	Dilute before use.
Lemongrass – (<i>cymbopogon citratus</i>)	Fresh, lemons, grassy scent. For the mind, used for irritability, mental fatigue, stress & nervous exhaustion. Often used as a mild insect repellent, for light cases of athlete's foot and reported to be good for cellulite. Parts used: grass, leaves.	Avoid during pregnancy or a history of high blood pressure.
Lime – (<i>citrus aurantifolia</i>)	Green, fresh, citrusy, sweet scent. Stimulating, uplifting & cheering. Lime is known for helping raise the spirits and makes a good antidepressant. Good for skin toning as an astringent and is said to help with dandruff. Parts used: peel of fruit.	Highly photosensic. Try to avoid direct exposure to sunlight where time has been used on the skin.
Palmarosa – (<i>cymbopogon martini</i>)	A floral, grassy, rose-like scent. Good for creativity, aggression & anxiety. Said to work quite well for wrinkles, dermatitis, hair loss & PMS symptoms. Associated with healing and love. Parts used: whole plant	Avoid with a history of high blood pressure.

Reference Guide For Essential Oils Yleo

Lee Papa



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Reference Guide for Essential Oils Connie Higley, 1998 **Reference Guide to Using Essential Oils in the Animal Kingdom-Black and White Version** Rev. Leigh Foster, 2008-07-26 This book contains the techniques developed and used by Rev Dr Leigh Foster using Young Living Essential Oils It also contains her recipes as well as testimonials from others whom have used her methods and knowledge to help their animals Her specialty is cats and wildlife The contents of this book are not intended to diagnose prescribe or replace the care of a veterinarian This is the black and white version Bulk discounts are available for this item **Quick Reference Guide for Using Essential Oils** , 2005 **Dying The Right Way** Janice L. Long, 2010-07-02 Dying the Right Way is written for seniors families and caregivers Dying the Right Way prepares seniors and families for the time when caregiving is needed and offers a system for caregiving in the home for either family caregivers or for monitoring professional caregivers Dying the Right Way extends the caregiving experience to assist seniors in planning for the time when they might need care through the document preparation phase the search for a residential facility life support the dying experience funeral planning and settling of the estate **The Chemistry of Essential Oils Made Simple** David Stewart, 2005-04 This solidly scientific book is anchored in scripture and easy to understand It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils Publisher description [Essential Oils: A Guide on How to Make Essential Oils](#) Melissa Johnson, 2014-03-03 This book explores the properties benefits and uses of Essential Oils The author discusses the sources of Essential Oils and gives insight into the reasons why these oils are fast acting and the best natural method of quickly alleviating the discomfort associated with certain medical disorders The Book also gives a list of everyday oils and outlines the various health benefits to be derived from the use of these oils and the ways in which these oils can be used as an alternative other methods of treating minor illnesses Based on extensive research and experience the author makes recommendations on matters such as the best types and brands of Essential Oils and how these oils can be purchased *A Statistical Validation of Raindrop Technique* David Stewart, 2003 Jesus Christ wants every Christian to grow in a deeper relationship with Himself Yet so many people stagnate in the Christian life Grow explains how to have a daily quiet time in order to know Christ intimately and grow to maturity This book offers plenty of practical help for turning the chore of devotions into a lifechanging joyproducing habit Grow outlines clearly how to seek God in the quiet time and explains the amazing benefits of experiencing God on a daily basis With this helpful and enthusiastic book a person can have a quiet time that is much more than opening a Bible and saying prayers It will be a time of experiencing the living God a time of communion with the King This book can be used both in a Sunday School classroom and one on one TABLE OF CONTENTS Lesson 1 Sharing Good News Lesson 2 Sowing the Seed Lesson 3 Relational Evangelism Lesson 4 Looking for Open Doors Lesson 5 How to Share the Message Lesson 6 Sharing Your Journey Lesson 7 Fishing with a Net Lesson 8 Meeting Needs as a Group Appendix How to Coach Someone using this

MaterialIndex **Healing Power Beyond Medicine** Carol A. Wilson,2011-03-16 Successful healing has been wished and hoped for until now Dr Carol A Wilson offers a new biopsychosocial spiritual perspective on disease illness health and healing In an approach to healing that includes the removal of eight common barriers to healing and Complementary and Alternative Medicine CAM Healing Power Beyond Medicine inspires and provides tools that produce efficacious and positive outcomes

A Year of Mindfulness for Beginners Lee Papa,2020-05-19 365 days 365 ways to master mindfulness a guide for beginners Start your journey to living better being present and acting with intention today A Year of Mindfulness for Beginners is the perfect choice for people looking to internalize the practice and develop beneficial lifelong habits Featuring daily doses of affirmations exercises meditations and inspiring quotes A Year of Mindfulness for Beginners helps you live in the moment and be more aware of yourself A Year of Mindfulness for Beginners includes Beginner friendly Embrace mindfulness for beginners with simple beginner friendly exercises that help you take things one day at a time A year of practice Find out how to be more mindful with 365 entries that let you progress at your own pace Memorable quotes Be inspired as you discover how the ideas behind mindfulness have resonated with great thinkers writers and more including Dalai Lama XIV Oscar Wilde Maya Angelou and Dr Bruce Lipton Day by day learn how you can live your life more mindfully with A Year of Mindfulness for Beginners

My Body, My Earth Ruby Gibson,2008-05-20 Within each body is an archaeological site that holds the details and wisdom of our extraordinary life story composed of generational spiritual and personal experiences Historical amnesia locks these stories in the body manifesting as pain disease addictions emotional patterns and repetitive circumstances Somatically excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth for your body and for your Earth My Body My Earth provides a detailed and eloquent rationale and description for how this remarkable technique works both as a therapeutic model and a self help manual It is a major contribution to the burgeoning literature in the field of somatic psychology Robert Scaer M D author The Body Bears the Burden Trauma Dissociation and Disease and The Trauma Spectrum Hidden Wounds and Human Resiliency A remarkable incursion into one of the deepest of all mysteries the hidden memories that are locked into the fibers of our bodies This book is an impressive and extremely helpful guide to reuniting the conscious and unconscious aspects of the mind Richard Smoley author of Conscious Love and Inner Christianity

Travel Balance John Ayo,2014-10-10 How can I thrive while I travel What can I bring to help me maintain my health How can I best manage sleep while crossing time zones Whether you are traveling for business or pleasure Travel Balance offers a simple guide on how to stay healthy and balanced while on your trip World traveler and Naturopath John Ayo shares a wide variety of health tips on some of the best foods to eat natural supplements to take some easy ways to exercise how to reduce stress get better sleep and for those long international flights how to alleviate jet lag He also offers some natural remedies for some of the most common illness symptoms that can happen while traveling From preparing for your trip to traveling to your destination enjoying your trip to

returning home Travel Balance is a step by step health and wellness guide that shows you some unique ways to stay balanced and healthy while you travel **Essential Oils from the Ground Up** J. A. von Fraunhofer MSc PhD FRSC,2019-08-13

Essential oils have been used as incense perfumes and in cosmetics since antiquity They have also been used over thousands of years for their medicinal properties as well as in aromatherapy massage therapy and a host of other applications In **Essential Oils from the Ground Up** Dr von Fraunhofer highlights how a leading international company Young Living goes about satisfying the needs of essential oil users and supplying essential oils that are the very best in terms of quality purity and effectiveness This book addresses what readers want to know about essential oils how they are extracted from plants what testing they undergo and how they are used The incredible properties of essential oils and their amazing contribution to modern living and their importance in health care today and in the future are discussed in detail Appendices to the book provide in depth information on many aspects of essential oils and their testing The book is well illustrated and has an index and numerous footnotes to explain scientific and medical terms in the text **Essential Oils: Natural Remedies** Althea Press,2015-01-21 The essential guide to lifelong healing with essential oils The healing potential of essential oils may be limitless but it s difficult to know how and where to begin when you don t have a prescription With over 100 recipes for natural alternatives to traditional medicine **Essential Oils Natural Remedies** provides a comprehensive reference to herbal healing without the hassle expense and frustration that comes with consulting doctors and taking prescription medication In these pages practitioners of all levels will learn a lifetime of herbal remedies from how to treat the urge to itch chicken pox with lavender tea tree salve to soothing away arthritis symptoms with peppermint oil Designed for use with any brand of essential oils this organized and insightful guide is the only helping hand you ll need for natural healing **Essential Oils Natural Remedies** includes 300 Home Remedies to heal and mitigate symptoms for over 170 different ailments Profiles of 75 Essential Oils plus information on medicinal uses application methods blending and precautions Recipes for Any Brand allow you to make all of the recipes in this book with your preferred brand of essential oils Featuring treatments for Allergies Bloating Congestion Dry Skin Flu Hives Infection Leg Cramps Motion Sickness Tension Headache Toothache Varicose Veins and much more Practice herbal healing from home with **Essential Oils Natural Remedies** **The 30-Day Thyroid Reset Plan** Becky Campbell,2018-06-12 Get Your Health Back for Good In 30 Days Millions of Americans have thyroid disorders and don t even know it Dr Becky Campbell who has years of experience in the field was one of those people but cured herself using this revolutionary program What makes this approach different and more effective for lifelong results is that it looks for root causes and offers a well rounded holistic treatment plan that addresses lifestyle diet environmental toxins and more This way you can fix the underlying problem rather than covering up the symptoms Because the thyroid affects every system in the body a whole host of symptoms can arise and can vary from person to person To help individuals find the root cause of their thyroid disorder Dr Becky Campbell explains the seven hidden triggers that cause illness gut infections leaky gut and food

sensitivities vitamin deficiencies HPA axis imbalance heavy metal toxicity sex hormone dysfunction and chronic infections She then provides her all natural treatment plan which includes a highly effective and easy to follow 30 day reset diet so you can find which foods work for your body and which do not She will also help you adjust your lifestyle with recipes for toxin free products ways to reduce stress and much more Invest in your health and use The 30 Day Thyroid Reset Plan to heal your body for life *The Portable Essential Oils* Anne Kennedy,2016-06-21 Everyday ailments have a way of sneaking up on us Compact enough to fit in the glove compartment or handbag The Portable Essential Oils is your take anywhere guide to 250 of the most fundamental essential oil remedies anytime you need them Having access to your essential oils when you need them is important and also that essential oils are not a one size fits all remedy In The Portable Essential Oils natural health expert Anne Kennedy offers ailment specific essential oil therapies to address common health concerns enabling you with safe convenient ways to take your well being into your own hands including 50 of the most versatile essential oils including 7 must haves for home or on the go 250 essential oils remedies for or everyday health issues Essential Oil remedies that are safe for use with children and at which ages Shopper s guide on which essential oils to buy which to be wary of and important questions to ask Don't Worry. It's Just Cancer! Stacy Watkins,2023-12-22 Cancer can be a scary word especially when the doctor is looking at you But with knowledge of science and God s Word it doesn t have to be When the Lord tells you to move you move When cancer hit three times and the Lord healed me it is time to share my story with the masses He pressed it on my heart to help others who may be worried about a diagnosis I can tell you that there is no reason for stress and anguish all you need to do is just give it all to Jesus He will give you the peace you are searching for Living Wellness Today Annette Denton Livingston,2011-07-14 Sit a while and have a cup of hot tea while reading about my lifes journey from having no hope to the fullness of life and years of enjoying family friends and pets Perhaps you will be inspired to carry on with your own healing journey despite seemingly insurmountable obstacles Sometimes just reading about someone who has suffered the throngs of despair and somehow got out of it can be encouraging In this day and age so many people are being diagnosed with serious problems Have you looked into the face of a doctor who was saying to you Get your affairs in order There is no cure The thought no hope has a way of sinking in and taking one to depths unknown Years before my diagnosis I had already begun a search for something that would make me feel better I started with whole wheat bread and weight programs Later I tried the Reams biological theory of ionization vitamins and minerals and herbs enemas and colonics juicing and green drinks fasting raw foods and wheatgrass Next I tried chiropractic craniosacral therapy ayurvedic medicine massage acupuncture bad tasting teas magnets zappers kombucha tea ma rollers citrine stones music therapy and emotional freedom technique I found that the main therapies that work for me are reflexology qigong a macrobiotic eating plan and lifestyle hypnosis and prayer Do you have a desire to feel better Do you feel like life is passing you by Would you like to have more fullness of life Floating along downstream will only leave us washed up on the bank or swallowed up in the

current Remember that there are ways to help ourselves whether we are strong and healthy or whether we have given up There is always hope as long as there is breath **But God** Tina Miller,2013-09 Have you ever heard someone exclaim BUT GOD and then wonder what they meant This devotional study will teach both seekers and believers the hidden treasures God wants you to uncover with this simple phrase You will go on a comprehensive excursion through the Old Testament as you find out which patriarchs had BUT GOD moments and you will discover significant characteristics of Jesus your Bridegroom Learn how God implements His strategic plans and reveals the message of the Gospel within the BUT GOD verses After reading this book you will understand why the Bible repeats this life altering phrase so often This study encourages you to dive deeper into understanding God s thoughts character and promises as it mixes biblical texts with personal illustrations Jesus desires a relationship with you His Bride It is now time to pursue knowing Him as much as He has pursued knowing you This is your time of engagement to your heavenly Bridegroom so engage with Jesus on a new level Every BUT GOD verse proves His love mercy and compassion Use this devotional guide to learn all you can about Him No one BUT GOD could use a phrase so small to lead you to revelations so monumental **The Teacher's Guide to Self-Care** Melanie J.

Pellowski,2020-09-08 An inspirational memento for the teacher in your life with quotes anecdotes and advice from real educators about teaching philosophies trends and so much more Teachers run on adrenaline good vibes and big dreams They re often so busy helping our little ones that they forget about the little things they need to be happy on their own time From simple drink recipes to humorous anecdotes about pop culture and the history of education The Teacher s Guide to Self Care is the perfect cheat sheet for maintaining sanity looking smart and feeling fabulous throughout the dog days of the school year Topics include Past present and future teaching trends Creative ideas for decorating your classroom Teacher lingo How to manage your free time beyond the classroom And so much more Every teacher who sheds a tear on the last day of summer can share a smile on the first day of school with a confidence boosting adorable guidebook that reminds them they aren t alone **Essential Oils and Aromatherapy Guide (Boxed Set): Weight Loss and Stress Relief** Speedy

Publishing,2019-11-22 There are many uses to essential oils Peppermint can help with stomach issues and PMS Clove oil is used to cure headaches Inhaling citrus oils has been said to cure cabin fever Other oils like mint and citrus help people relax during summer Essential oils are organic and all natural so they can be used as replacements for certain harmful medicines and perfumes Integrating essential oils into a person s routine can significantly improve mental and physical health

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